Step conversions

Activity	Number of ste	<u>ps (1 min)</u>
Aerobic dance		197
Backpacking		195
Baseball		111
Basketball, shooting baskets		136
Basketball gam	ie	242
Canoeing		106
Cricket		111
Dancing		148
Elliptical jogge	r	227
Electronic spor	ts (Wii/PS3)	91
Football		242
Frisbee		91
Golf		136
Health club exe	ercise, general	167
Hiking		182
Hockey (field a	nd ice)	242
House or garage cleaning		91
Jazzercise		182
Jogging		212
Jump rope		303
Kayaking		152
Kickball		212
Miniature golf		91
Pilates		76
Pickle Ball		166
Racquetball		212
Rebounding		280
Rollerskating o	r rollerblading	115
Skateboarding		152
Soccer		212
Softball		152
Step aerobics		273
Swimming, leis	urely	182
Table tennis		121
Tai Chi		121
- ·		242

Tennis

Activity	Number of ste	<u>eps (1 min)</u>
Vacuuming		94
Volleyball		121
Water aerobics		121
Waterskiing		133
Weight lifting, n	noderate effort	121
Wheelchair use	(manual)	101
Yoga		76
Zumba		148

Green activities

Activity	<u>eps (1 min)</u>	
Bicycling		242
Gardening, general		121
Hanging laundr		
clothes line		72
Lawn mowing (push mower)		242
Community clea	an-up	145
Trimming trees	and	
bushes manual	у	116
Walking, slow		68
Walking, moder	ate	122
Walking, fast		197
Washing the car	r manually	87
Washing/drying dishes manually		72
Washing laundr	y manually	72
Washing windo	ws manually	87

Hennepin County

Public Health

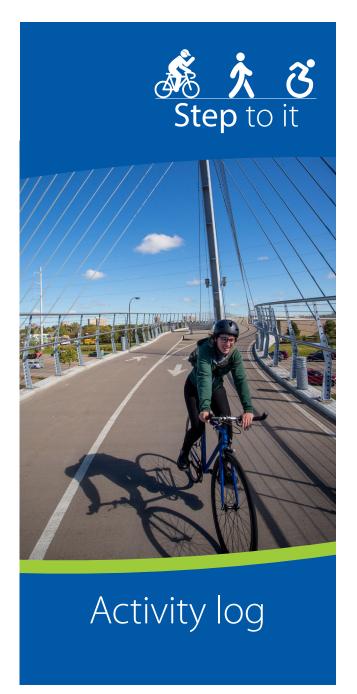
612-348-5618 steptoit@hennepin.us

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46-900-04-18

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May 1 - 28 steptoit.org





Directions:

- 1. Using the conversion chart, record your daily steps in this log.
- 2. Log onto steptoit.org to record your weekly total steps. You may also call 612-348-5618 or fax 612-348-7548.
- 3. At the end of the challenge, record your grand total of steps!

The challenge begins on a Tuesday, May 1.	Week 1 (May 1 - 7)	Week 2 (May 8 - 14)	Week 3 (May 15 - 21)	Week 4 (May 22 - 28)
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Total Weekly Steps (Add the numbers in each column.)				

Grand total:

